

NUMENUS MINIMUM MEAL REQUIREMENTS
For the National School Lunch Program and School Breakfast Programs

Lunch

- _____ Appropriate age/grade groups are selected
- _____ Meals meet nutrient standards when averaged over the school week
- _____ At least 3 menu items are offered daily
- _____ Fluid milk as a beverage is offered daily

Breakfast K-12

- _____ Appropriate age/grade groups are selected
- _____ Meals meet nutrient standards when averaged over the school week
- _____ At least 3 menu items are offered daily
- _____ Fluid milk as a beverage is offered daily

Note: The school is required to use USDA-approved menu planning software to analyze menus for compliance with nutrient standards. The analysis of key nutrients in all food items offered during a week must be completed prior to the meal service, and an average for each week must be printed and kept on file. If menu changes occur more than three weeks before the meal service, a new analysis must be completed.

Recommendations:

- Choose low-saturated/trans fat choices whenever possible.
- **2 fat contents of fluid milk are required:** use **low-fat** choices (1%, skim) if possible.
- Choose **whole grains** whenever possible.

